

**AMENDMENTS TO THE SPECIFICATION:**

Please replace paragraph [00103] with the following amended paragraph:

[00103] The embodiment shown in Figure 3 contains a necked down region 303 between the base of the head 302 and the top of the support post 301. In a preferred configuration, the forehead pad is adapted to releasably engage with the forehead support 102. The function of the necked down region 303 is to facilitate this feature. The necked down region 303 is such that its diameter is smaller than the diameter of the base of the head 302. This results in a lip ~~310~~ 304a between the base of the head 302 and the necked down region 303 and another lip ~~311~~ 304b between the necked down region 303 and the support post 301.

Please replace paragraph [00105] with the following amended paragraph:

[00105] Typically, this insertion can be carried out by a user by applying axial pressure to the base portion 305 of the pad 300. While the support post 301 is flexible, it can withstand the forces needed for assembly. Using the forehead pad embodiment described in Figure 3 and the forehead support described in Figure 2 as examples, the head 302, as well as the lip ~~310~~ 304a distort as axial force is applied against the first end 200 of the aperture 202, until the head and lip 302 and the lip ~~310~~ 304a reach a second end 210 of the aperture 202, whereupon the lip 310 re-expands to engage a first surface 215 of the forehead support 102 adjacent to the aperture 202. Further, the lip ~~311~~ 304b abuts against a second surface 205 of the forehead support 102, to prevent axial movement of the pad 300.

Please replace paragraph [00106] with the following amended paragraph:

[00106] The removal of the pad occurs by applying a pulling force it in a direction opposite to the axial force applied for insertion. Once again, the head 302 and the lip ~~310~~304a distort as the lip ~~310~~304a disengages with the first surface 215 of the forehead support 102 adjacent to the aperture 202. Lip ~~311~~304a disengages with the second surface 205 of the forehead support 102. Both the head 302 and the lip ~~310~~304a regain their original shape after disengagement from the forehead support 200.